

## CLAIMS:

1. A skin treatment method for a patient subject to signs of cutaneous ageing, comprising the stages of:

- spreading a cosmetic composition for a self-curing mask, containing retinoic acid together with cosmetically acceptable excipients, over the body part of said patient subject to signs of cutaneous ageing, wherein said retinoic acid is comprised in amounts of up to 20% by weight with respect to said cosmetic excipients, thus obtaining a mask;
- waiting for the curing of said mask;
- removing said mask from the treated part of the body of said patient.

2. The skin treatment method according to claim 1, wherein the treated part of the body of said patient is the face, the hands or the neck.

3. The skin treatment method according to claim 1, wherein said retinoic acid is contained in amounts comprised of between 1% and 18% by weight with respect to the weight of said cosmetic excipients.

4. The skin treatment method according to claim 1, wherein said retinoic acid is contained in amounts comprised of between 4% and 16% by weight with respect to the weight of said cosmetic excipients.

5. The skin treatment method according to claim 1, wherein said retinoic acid is contained in amounts greater than 5% and up to 15% by weight with respect to the weight of said cosmetic excipients.

5 6. The skin treatment method according to claim 1, wherein said retinoic acid is all-trans-retinoic acid.

7. The skin treatment method according to claim 1, wherein said cosmetic composition comprises a mask curing time modulating agent.

10 8. The skin treatment method according to claim 1, wherein said cosmetic composition comprises a mask curing time modulating agent, said mask curing time modulating agent being ethyl alcohol.

9. The skin treatment method according to claim 1,  
15 wherein said cosmetic composition comprises a mask curing time modulating agent, said mask curing time modulating agent being ethyl alcohol in an amount comprised of between 10% and 20% by weight with respect to the total weight of said excipients.

20 10. The skin treatment method according to claim 1, wherein the curing time of said mask is comprised of between 30 and 40 minutes.

11. The skin treatment method according to claim 1, said skin treatment being repeated every 7-14 days for a number of sessions of from 3 to 5.

12. The cosmetic composition in the form of a self-curing mask, containing retinoic acid together with cosmetically acceptable excipients, wherein said retinoic acid is comprised in amounts up to 20% by weight with respect to said cosmetic excipients.

13. The cosmetic composition in the form of a self-curing mask according to claim 12, wherein said retinoic acid is contained in amounts comprised of between 1% and 18% by weight with respect to the weight of said cosmetic excipients.

14. The cosmetic composition in the form of a self-curing mask according to claim 12, wherein said retinoic acid is contained in amounts comprised of between 4% and 16% by weight with respect to the weight of said cosmetic excipients.

15. The cosmetic composition in the form of a self-curing mask according to claim 12, wherein said retinoic acid is contained in amounts greater than 5% and up to 15% by weight with respect to the weight of said cosmetic excipients.

16. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a hydrophilic polymer in amounts by weight comprised of between 5% and 22% with respect to the weight of said  
5 cosmetic excipients.

17. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a hydrophilic polymer in amounts by weight comprised of between 8% and 18% with respect to the weight of said  
10 cosmetic excipients.

18. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a hydrophilic polymer in amounts by weight comprised of between 9% and 13% with respect to the weight of said  
15 cosmetic excipients.

19. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a hydrophilic polymer selected from among vinyl polymers with hydrophilic characteristics such as polyvinyl  
20 alcohol.

20. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a hydrophilic polymer selected from among vinyl polymers with hydrophilic characteristics, said hydrophilic polymer

being polyvinyl alcohol in amounts by weight comprised of between 9% and 13% calculated on the basis of the total weight of the excipients.

21. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a mask curing time modulating agent, said modulating agent being ethyl alcohol in amounts by weight comprised of between 10% and 20% with respect to the total weight of the excipients.

22. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising gelifying agents.

23. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising gelifying agents selected from among acrylic polymers.

24. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising gelifying agents selected from among high dispersability ETD class acrylic polymers.

25. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising gelifying agents selected from among acrylic polymers in amounts by weight comprised of between 0.1% and 1.5% with respect to the weight of the cosmetic excipients.

26. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising gelifying agents selected from among the celluloses, such as hydroxyethylcellulose, in amounts by weight comprised of  
5 between 0.1% and 1% with respect to the weight of the cosmetic excipients.

27. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising gelifying agents selected from among the gums, such as tragacanth  
10 gum or xanthan gum, in amounts by weight comprised of between 0.1% and 1% with respect to the weight of the cosmetic excipients.

28. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising pH  
15 regulators.

29. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising acidity regulators selected from among cosmetically acceptable organic or inorganic bases.

20 30. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising triethanolamine in amounts by weight comprised of between 0.1% and 0.6 % with respect to the weight of the cosmetic excipients.

31. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a 1 N solution of sodium hydroxide in amounts by weight comprised of between 0.1% and 0.2% with respect to the weight of the cosmetic excipients.

32. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a humectant agent.

33. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a humectant agent selected from a polyol or a glycol, such as glycerine and/or propylene glycol.

34. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a humectant agent in amounts by weight comprised of between 1% and 20%.

35. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising chelating agents or sequestrants.

36. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising chelating agents or sequestrants such as ethylenediaminetetraacetic acid, in an amount by weight comprised of between 0.01%

and 0.2% with respect to the weight of the cosmetic excipients.

37. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising cosmetically  
5 compatible non-ionic surfactants.

38. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising cosmetically compatible non-ionic surfactants such as PEG 7 glyceryl cocoate, PEG 6 triglyceryl caproic glycerides or  
10 polyquaternum 7, in amounts by weight comprised of between 0.5% and 6% with respect to the weight of the cosmetic excipients.

39. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising  
15 preservatives.

40. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising preservatives, such as methyl parabenes and/or imidazolidinyl urea, in amounts by weight comprised of  
20 between 0.1% and 1.5% with respect to the weight of the cosmetic excipients.

41. The cosmetic composition in the form of a self-curing mask according to claim 12, said composition being an aqueous composition.



42. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a cosmetic cream base in an amount by weight comprised of between 0.2% and 1% with respect to the weight of the excipients.

5        43. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a cosmetic cream base selected from among a cream base for normal skin types, for greasy skin types or for mixed skin types.

10       44. The cosmetic composition in the form of a self-curing mask according to claim 12, comprising a cosmetic cream base with the following percentage composition by weight:

- a lipid component, preferably between 2% and 8%;
- an emollient, preferably between 0.5% and 15%;
- 15       - a humectant agent, between 0% and 2%;
- a gelifying agent, between 0% and 1%;
- a surfactant, between 1% and 10%;
- a preservative, between 0.3% and 1%;
- collagen, between 0% and 20%;
- 20       - a pH regulator, sufficient to correct the pH to physiological values;
- water, sufficient to adjust the composition of the cream to 100%.

45. A preparation process for a cosmetic composition in the form of a self-curing mask, comprising the following operative stages:

- 5           a) preparing an aqueous mixture of chelating agent and/or sequestrant, gelifying agent, acidity regulator and surfactant;
- b) preparing a mixture of hydrophilic polymer and humectant agent;
- c) combining the two resulting mixtures from steps  
10           a) and b);
- d) combining the resulting mixture from step c) with the preservative agent and the mask curing time modulating agent;
- e) incorporating a solution of retinoic acid in a  
15           solvent into said mixture obtained from step d).

46. The process according to claim 45, wherein the mixtures from steps a) and b) are heated to around 80°C prior to being combined.

20           47. The process according to claim 45, wherein said retinoic acid is dissolved in said solvent at a temperature of around 40°C.

          48. The process according to claim 45, wherein said dissolution solvent for the retinoic acid is propylene glycol in an amount comprised of between 0.5% and 10% by

weight with respect to the total weight of the other excipients of the composition.